

TCNJ

2006-2007

Men's and Women's Cross Country and Track and Field



THE COLLEGE OF NEW JERSEY

2006–2007 Men’s and Women’s Cross Country and Track and Field Media Guide

Table of Contents

Head Cross Country Coach	3
Head Track and Field Coach	4
Assistant Coaches	5
2006 Women’s Cross Country Season Outlook	6
Women’s Cross Country All-Americans	6
2006 Men’s Cross Country Season Outlook	7
Men’s Cross Country All-Americans	7
2006 Cross Country Rosters . . .	8
2006–2007 Women’s Track and Field Season Outlook	9
2006–2008 Men’s Track and Field Season Outlook . . .	10
2006–2007 Women’s Track and Field Roster	12
2006–2007 Men’s Track and Field Roster	13
Women’s Track and Field All-Americans	14
Men’s Track and Field All-Americans	15
Women’s Track and Field Records	15
Men’s Track and Field Records	17
Athletics at TCNJ	18
About the College	20
Directions to TCNJ	21
2006 Men’s and Women’s Cross Country Schedule	18
2006–2007 Men’s and Women’s Track and Field Schedule	19

General Information

About The College of New Jersey

Address:	PO Box 7718 Ewing, NJ 08628-0718
President:	R. Barbara Gitenstein
Director of Athletics:	Kevin McHugh
Senior Women’s Administrator:	Dawn Henderson
Founded:	1855 (as New Jersey State Normal School)
Enrollment:	5,900
Nickname:	Lions
Colors:	Blue and Gold
Affiliations:	NCAA Division III Eastern College Athletic Conference IC4A (Men Only) New Jersey Athletic Conference (NJAC)
Conference:	

About TCNJ Cross Country

Head Coach:	Philip Jennings Hamilton '99
Office Phone:	609.771.2975
E-Mail Address:	jennings@tcnj.edu
Web Address:	www.tcnjathletics.com
Career Record:	Second Season
Assistant Coaches:	Karen Walker and Todd Witzleben

About TCNJ Track and Field

Head Coach:	Eric Mobley LaSalle '93
Office Phone:	609.771.3092
E-Mail Address:	mobley@tcnj.edu
Web Address:	www.tcnjathletics.com
Career Record:	Third Season
Assistant Coaches:	Philip Jennings, Kevin Jones, Melanie Rhoden, Karen Walker, and Todd Witzleben
Athletic Trainer:	Joe Camillone
Assistant Athletic Trainer:	Megan Guicheteau
Equipment Manager:	Tom Isaac

For further information regarding TCNJ’s cross country and track and field program, please contact:

Ann King, SID	Lyle Fulton, Assistant SID
O: 609.771.2517	O: 609.771.2266
H: 609.883.5602	
Fax: 609.771.3067	
Hotline: 609.771.2682	
E-Mail: aking@tcnj.edu	



Visit www.tcnjathletics.com for more information on TCNJ’s 20 athletic programs.

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Head Men's and Women's Cross Country Coach



Philip Jennings

Year of Service: Second
Hamilton College '99
Birth Date: July 1, 1977
Hometown: Norton, MA
Education: BA, Economics,
Hamilton College;
MS, Education, TCNJ

As TCNJ's rookie cross country coach, Philip Jennings did not miss a beat, replacing Steve Dolan in the summer of 2005. He guided the Lions to a pair of NJAC Cross Country team championships, while the Lion women finished ninth at the NCAA Championships and the men's team took home 10th place at the NCAA's.

Jennings is no stranger to TCNJ, as he will open his fourth year at the College having served two seasons as the graduate assistant coach for the Lions in both cross country and track and field. A 1999 graduate of Hamilton College, Jennings also possesses a master's of education degree, which he received from TCNJ in May 2005.

Jennings came to TCNJ in the fall of 2003 after serving as an assistant coach for Division I Rider University for one year. While at Rider, he served as the distance coach for the Bronco men's and women's programs, while also serving as an intern for the athletic department, handling academic enhancement.

A former team captain for the Hamilton College cross country and track and field programs, Jennings earned 11 varsity letters competing in college, while also excelling academically as a Dean's List student. Jennings also holds a Level One certification, which he earned in June 2004 from the USATF Coaches Education School.

An economics major at Hamilton, Jennings worked for three years at Zurich Scudder Investments (Boston, MA) following his graduation from college, before pursuing his passion to coach.

In his first year of full-time service at TCNJ, Jennings produced the NJAC men's and women's team champions in cross country as well as the Male and Female Runners of the Year in Kristen Pogorzelski and Matt Randal. TCNJ's programs have dominated the New Jersey Athletic Conference cross country scene. TCNJ's women's squad has won the last 11 straight NJAC titles and 22 of the league's 25 crowns overall. The men's program has won the last 12 straight NJAC Championships and 17 crowns overall in the 45-year history of the sport as a league championship.

On the track, where Jennings also assists, he helped the Lions produce an individual NCAA Champion as Jeff Zodda won the 2006 NCAA Indoor Championship in the 800 meters, while two others finished as runners-up at the NCAA Track Championships. Overall, Jennings aided the track and field program as it set seven school records and produced six individual All-Americans.

Jennings resides in Pennington, NJ with his wife, Tara. ■



2005 NJAC Female and Male Runners of the Year Kristen Pogorzelski and Matt Randal receive trophies at the NJAC Championships from Coach Phil Jennings.

Head Men's and Women's Track and Field Coach



Eric Mobley

**Year of Service: Third
LaSalle '93**

Hometown: Philadelphia, PA

Education: BS, Accounting

In his first season with the Lions, Eric Mobley picked up right where his predecessor left off and helped TCNJ's track and field team win three events at the NCAA Division III Championships, while also helping the women's program finish in fourth place nationally at the 2005 NCAA Division III Outdoor Championships.

Mobley joined TCNJ's athletic staff mid-year and did not miss a beat, replacing Steve Dolan, who had served as the head coach for the Lions since the fall of 1993.

Mobley came to TCNJ from Temple University, where he had served as an assistant track and field coach with the Division I Owls for the last two and one half years. While at Temple, Mobley was involved with the men's program, serving as an assistant, preparing and developing the men's sprinters, jumpers, hurdlers, and middle distance runners.

Prior to joining the Temple staff, he served two seasons as an assistant track and field coach with the University of Akron, prior to a three-year stint at LaSalle University from September 1997 to September 2000.

A 1993 graduate of LaSalle University, Mobley has attended the USATF Coaches Education School and holds a Level One certification in track and field. A former Division I athlete at LaSalle, as a senior in 1993, Mobley earned Midwestern Collegiate Conference All-Conference honors and was an All-East performer at the IC4A Indoor Championships in the 400 meter run in 1993. He holds the LaSalle indoor school record in the 400 meter run.

In addition to his role as Temple's assistant track and field coach for two seasons, Mobley also worked as a secondary education teacher with the Community Education Partners in Philadelphia, PA.

Mobley did not let any dust settle in his first year on staff, helping the Lions win both the men's and women's NJAC Indoor and Outdoor Track and Field Championships, while the Lion men captured the 2005 ECAC Division III Indoor title and the women finished as the runners-up at the same event. Over the course of the year, he earned NJAC Men's Track and Field Coach of the Year honors for the indoor and outdoor seasons and also coached the league's Indoor Female Athlete of the Year, Erika Huggler, and the Outdoor Female Athlete of the Year, Brittny Boyd.

The 2005 season saw the Lions break 18 TCNJ school records, while the indoor program captured the women's national title in the 4 x 400 relay and the outdoor team won three national titles. At the 2005 NCAA Outdoor Championships, TCNJ took home top honors in the women's 400 meter run as well as the 4 x 100 and 4 x 400 relays, which were repeat honors for the program.

At the end of his first season at TCNJ, Mobley had coached 24 All-Americans and four NCAA Division III National Champions.

In his second campaign with the Lions in 2005–06, Mobley once again had tremendous success as the Lions set 18 TCNJ records in both indoor and outdoor track, while producing an NCAA individual champion, two NCAA national runners-up, and eight All-Americans at the 2006 NCAA Indoor Championships and 14 All-Americans at the 2006 NCAA Outdoor NCAA's.

For his success, Mobley was named the 2006 NJAC Indoor Track and Field Women's Coach of the Year and the 2006 NJAC Outdoor Track and Field Men's Co-Coach of the Year. He also produced the NJAC's Indoor Female Athlete of the Meet in Brittny Boyd, as well as the NJAC's Outstanding Female Track Athlete of the Meet at the 2006 Outdoor Championships in Jessica Bonelli. ■



Assistant Coaches



Kevin Jones
Year of Service: First
Hometown: Galloway, NJ

A two-year letter winner at TCNJ, Jones will assist the Lion jumpers this year, while working on his undergraduate degree at the College as a health and exercise science major.

He is a three-time NCAA qualifier and holds the school record in the indoor long jump (7.20 meters) and as a member of the Lions' sprint medley relay (3:24.58).



Melanie Rhoden
Villanova '04 and TCNJ '06
Year of Service: Third
Hometown: Ewing, NJ
Education: BA, Human Services;
MA, Counselor Education

Returning for a third season as the track and field assistant coach, Rhoden will work with the Lions' sprinters and hurdlers.

She earned her master's degree in counseling at TCNJ in May 2006 after serving as a graduate assistant coach with the Lions in 2005 and 2006.



Karen Walker
Year of Service: Third
TCNJ '01
Hometown: Paramus, NJ
Education: BA, History

Walker earned All-America honors in 1999, while competing on TCNJ's cross country team.

She will assist the program as distance coach for the women's teams.



Todd Witzleben
Year of Service: Second
LaSalle University '03
Hometown: Buffalo, NY
Education: BS, Business
Administration

As a student-athlete at LaSalle University, Witzleben excelled for the Explorers, setting school records in the indoor 5,000 meter run and the 10,000 meter run.

He is a two-time National Scholar-Athlete in cross country as well as a two-time NCAA Division I qualifier in cross country.

He will work with TCNJ's distance runners as a graduate assistant coach.

2006 TCNJ Cross Country Season Outlook

Women's Cross Country

Under the guidance of Phil Jennings, the 2005 Lions posted an impressive ninth place finish at the NCAA Division III Championships, which came on the heels of the program's 11th straight New Jersey Athletic Conference Championship. TCNJ's women's team has now placed in the top 15 in 10 of the last 11 years at the NCAA Division III Championships, and this fall should be no different.

Among the 2005 season highlights was the program's 22nd New Jersey Athletic Conference, while the Lions once again boasted the NJAC Runner of the Year as Kristen Pogorzelski captured the NJAC Championship. The Lions also had six runners earn NCAA Atlantic Region honors at the 2005 NCAA Atlantic Regional Championships after TCNJ finished in third place at the meet. The 2005 Lions were also cited for their accomplishments in the classroom, earning Scholar-Athlete Team honors from the National Cross Country Coaches Association.

Jennings returns four Atlantic Regional honorees from last year's NCAA Regional Meet, while boasting a talented incoming class as well. Among the top returnees, who all earned All-Atlantic Region honors in 2005, are seniors Jenna Fasulo and Allyson Krayl, as well as sophomores, Martine McGrath and Megan O'Leary. Among the talented returnees who earned acclaim for the Lions in 2005 are sophomores Sara Best, Julie Ullmeyer, and Erin Enderly.

Fasulo is looking for another title as the NJAC Runner of the Year after winning the title in 2004 and is coming off an impressive 47th place finish at the 2005 NCAA Championships. The Lions' two-time team MVP in cross country in 2004 and 2005, Fasulo is also a four-time NJAC champion in the 5,000 meter run both indoors and outdoors and was a provisional NCAA qualifier in the event as well last year after posting a time of 17:51.81 indoors. As a sophomore in 2004, she finished as Atlantic Regional runner-up and earned an individual spot at the 2004 NCAA Division III National Championships with her time of 22:39.5. In addition, Fasulo finished in 86th place at the 2004 NCAA Division III Cross Country Championships.

Enderly finished in 18th place in 23:15.4 at the 2004 NCAA Regionals and is looking to return to top form this fall after a strong

showing on the track last year, where she posted times of 4:43 in the 1,500 meters and 17:57 in the 5,000 meter run.

As a rookie, McGrath earned TCNJ's Rookie of the Year award in 2005 after an impressive collegiate debut. McGrath earned 2005 Atlantic Region honors after a 24th place finish in 23:42 and 107th place at the 2005 nationals in 24:06. On the track last year, McGrath also shined as she was a provisional NCAA qualifier in the 3,000 meter steeplechase and a member of TCNJ's record-setting indoor and outdoor distance medley relay teams (12:07.56 and 12:05.44). Among her top times last year on the track, she posted a 10:13 in the indoor 3,000 meters and an 18:08 in the outdoor 5,000 meter run.

Jennings's sophomore class is a talented lot, as O'Leary and Stephanie Herrick both return after making the most of their rookie seasons as well. O'Leary earned Atlantic Region honors in cross country after a 25th place finish in 23:45, while also placing 114th at the NCAA Championships in 24:10. O'Leary is coming off a strong campaign, while Herrick excelled for TCNJ on the track last year and is looking to take her successful track season highlights of an All-America citation in the 800 meters after a seventh place finish and parlay that into a strong fall of 2006 campaign.

Krayl was the Lions' seventh scorer a year ago at the NCAA Championships with a 166th place showing in 24:43 and a 27th place finish at the Atlantic Regional Championships meet in 23:46. An All-Atlantic Regional honoree in 2005, Krayl will be joined on the roster this fall by the likes of junior Julie Ullmeyer, who placed 23rd at the 2004 NCAA Atlantic Regionals.

Look for additional support from the likes of returnees such as senior Jenna Prendergast and junior Heather Garleb, as well as two-sport performer Best, who is a member of TCNJ's women's basketball team and helped the Lions capture the 2006 NJAC Championship and a spot in the NCAA Tournament.

The team will also welcome a solid group of newcomers who could impact the team immediately. Among the newcomers looking to help the team early on in their careers are Valerie Bonczek, Kelly Cahill, Megan Donovan, and Lauren Keller.



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Women's Cross Country All-Americans

Year	Name	Year	Name
1981	Colleen Casey, Jo Ann Potts	1997	Kerry Moore, Michelle Batiato
1982	Colleen Casey	1998	Noel Whitall
1986	Virginia Zaleski	1999	Noel Whitall, Karen Petouvis
1996	Amy O'Donnell, Kerry Moore, and Danielle Breuel	2002	Sarah Spilman
		2003	Beth Vesey



Men's Cross Country

Despite his rookie status, Phil Jennings helped the Lions repeat as the NCAA Regional Atlantic Champions. The 2005 Lions bested SUNY-Geneseo in a tight finish, winning the title with 64 points to Knights' 65 points. The feat for Jennings' Lions was pretty impressive considering the 2005 Lions were rebuilding after the graduation losses of seven performers from the 2004 Atlantic Regional Championship team.

TCNJ would cap the successful 2005 season with a 10th-place finish at the NCAA Division III Championships, improving upon an 18th-place finish in 2004. That strong finish at the 2005 NCAA's helped the Lions finish in the Top 20 at the NCAA Division III Championships eight times in the last nine years. Four years ago TCNJ posted a ninth-place showing at the 2002 NCAA Division III National Championships. In addition to the honors the Lions collected in 2005, TCNJ continued the program's dominance in the New Jersey Athletic Conference as the team win their 12th straight NJAC cross country titles and has now had the Male Runner of the Year in 11 of the last 12 meets.

With that type of program history and momentum, the Lions are looking to build upon the success of recent years and take that momentum into the 2006 season with a high set of expectations.

The 2006 rosters return five Lions with NCAA Nationals experience, including two-time NCAA Atlantic Regional honoree junior Brian Kopnicki. As a rookie, he earned All-Atlantic Regionals honors after finishing in 16th-place at the regionals and was the top finishing freshman at the meet. Over the course of his freshman year, he also collected the NJAC Indoor Championships in the 3,000-meter run in 8:43.00. He is coming off an 11th-place finish at the 2005 Atlantic Regionals in 26:03, and a 143rd-place finish at the 2005 NCAA's. On the track last year, he qualified for the 2006 NCAA Indoor Championships in the mile after recording a time of 4:13.63 and the 2006 NCAA Outdoor Championships after posting a time of 9:17.33 in the 3,000-meter steeplechase, where he finished in 16th-place.

Junior Kyle Alpaugh is among the talented returnees looking to improve upon his finishes a year after earning Atlantic Region honors in the fall. A NJAC All-Conference performer in 2005, he placed seventh at the NJAC Championships. Two weeks later, he picked up

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35th place in 26:42 at the NCAA Atlantic Regionals and finished in the top 100 at the 2005 NCAA Championships after posting a time of 27:13 to take 98th. As a rookie in 2004, he finished in 37th place at the NCAA Atlantic Regionals and sixth place at the NJAC Championships in 26:06.2. Among his highlights last year on the track, he posted a time of 15:07.69 in the outdoor 5,000-meter run.

As a rookie, Chris Guerriero made an impact on the Lions' lineup. The Lions' top finisher at the 2005 NCAA Atlantic Regional Championships, he earned All-Rookie honors as well as All-Atlantic Region honors after an eighth-place finish in 25:54. He also earned All-NJAC honors after placing fifth at the league championships and was the fifth freshman to cross the finish line at the 2005 NCAA Championships after he posted a time of 26:57 to take home 71st place. TCNJ's 2005 Rookie of the Year in cross country, Guerriero posted some strong times on the track as well last year, as he had times of 3:58.74 in the 1,500 meters and a 15:01.55 in the 5,000 meters, and won the 2006 NJAC Outdoor Championship in the 5,000 meters.

Jennings will find plenty of talent in the junior class with the likes of two-time All-Regional performer Dave dos Santos and Galen Johnson and Steve Kinney on the roster. Dos Santos is coming off a 19th-place finish at the 2005 NCAA Atlantic Regionals and a Top 100 finish at the 2005 NCAA Championships after taking home 95th in 27:12. An NJAC All-Conference performer as well, he finished in sixth at the 2005 NJAC's in 25:32.70, just one year after he earned All-Atlantic Region honors in cross country after taking home 29th place at the 2004 regionals in 26:11.8

Johnson earned All-Atlantic honors with a 34th-place finish at the regionals and took home ninth at the 2005 NJAC Championships

in 25:57.70. Kinney placed 13th at the 2005 NJAC Championships and has helped the Lions maintain their stranglehold on the NJAC title with his consistent style of running.

Additional support will come from the return of several returning letter winners. They give TCNJ considerable depth and strength in numbers. Among them are junior Anthony Arnold, sophomore Greg Bull, and senior Craig Beall. Arnold collected the 2005 NJAC Outdoor Championship in the 10,000 meter run, while also recording an impressive time of 15:26 in the 5,000-meter run during the track season. Beall finished 19th at the 2005 NJAC Cross Country Championships, while also earning NJAC Outdoor Track All-Conference honors in the 5,000-meter run after a third place finish. Junior Marc Altenau is hopeful that he will return to the same form he was as a rookie in 2003 before an injury shortened his season. He was a top seven performer for the Lions early in 2003 and is optimistic that he can return there this year. A 2006 NJAC Indoor Track All-Star in the 4 x 800 relay, Jennings is confident he is up to the challenge.

Senior leadership will come from Greg Howe, a three-year letter winner and the team's lone senior on the 2006 roster. Howe took home 10th a year ago at the NJAC Cross Country Championships in 26:05.10 and had a number of strong performances last year that should help him this year after finishing as the 2006 NJAC Indoor Runner-Up in the 5,000-meter run.

Depth continues to be a strength for the Lions again this season. A strong freshman class will give the team additional vigor and help the Lions down the road. Among the newcomers expected to make an impact for the team are Greg Bredeck, Steve Klett, Rich Nelson, Brandon Rodkewitz, and Brian Toms. ■

Men's Cross Country All-Americans

Year	Name
1997	Jason Capelli Shawn McElhaugh
2000	Eamon O'Brien
2002	Nick Ricco

2006 TCNJ Cross Country Rosters



2005 NJAC Cross Country Champions



Women's Roster

Name	Class	Hometown/High School
Michelle Barbarasch*	So.	Princeton Junction, NJ/West Windsor-Plainsboro South
Jenna Bauberger**	Jr.	Oakland, NJ/Indian Hills
Sara Best*	Jr.	High Bridge, NJ/Voorhees
Valeria Bonczek	Fr.	Spotswood, NJ/Spotswood
Kelly Cahill	Fr.	Coram, NY/Longwood
Justine Carnevale*	So.	Oceanport, NJ/Shore Regional
Megan Donovan	So.	East Brunswick, NJ/East Brunswick
Erin Enderly**	Jr.	Ocean Township, NJ/Ocean Township
Jenna Fasulo***	Sr.	Whitehouse Station, NJ/Hunterdon Central
Heather Garleb*	Jr.	Howell, NJ/Howell
Stephanie Herrick*	So.	Wayne, NJ/Wayne Valley
Lauren Keller	Fr.	Whippany, NJ/Whippany Park
Allyson Krayl***	Sr.	Pt. Pleasant Beach, NJ/Pt. Pleasant Beach
Tara LaRezza	Fr.	Montvale, NJ/Pascack Valley
Martine McGrath*	So.	West Long Branch, NJ/Shore Regional
Christine Nystrom**	Jr.	Skillman, NJ/Montgomery
Megan O'Leary*	So.	Marlton, NJ/Cherokee
Jenna Prendergast**	Sr.	Jackson, NJ/Jackson
Julie Ullmeyer**	Jr.	West Long Branch, NJ/Shore Regional
Nicole Ullmeyer*	So.	West Long Branch, NJ/Shore Regional
Michelle Wallace	Fr.	Emerson, NJ/Emerson

*Indicates letters won.

Men's Roster

Name	Class	Hometown/High School
Kyle Alpaugh**	Jr.	Clinton, NJ/Voorhees
Marc Altenau**	Jr.	West Long Branch, NJ/Shore Regional
Anthony Arnold**	Jr.	Brielle, NJ/St. Rose
Craig Beall**	Jr.	Denville, NJ/Parsippany Hills
Paul Bernardo	Fr.	Hillsborough, NJ/Hillsborough
Greg Bredeck	Fr.	Marlton, NJ/Cherokee
Greg Bull*	So.	East Brunswick, NJ/East Brunswick
Matt Castello	Fr.	Egg Harbor Township, NJ/Egg Harbor Township
Pat DiGiacchino*	So.	Bernardsville, NJ/Bernards
Matt Dolan*	So.	Marlton, NJ/Cherokee
Dave dos Santos**	Jr.	Randolph, NJ/Randolph
Christopher Guerriero*	So.	Saddle Brook, NJ/Saddle Brook
Greg Howe***	Sr.	Hazlet, NJ/Raritan
Galen Johnson**	Jr.	South Plainfield, NJ/South Plainfield
Steve Kinney**	Jr.	Green Brook, NJ/Watchung Hills Regional
Steven Klett	Fr.	Clifton, NJ/Clifton
Brian Kopnicki**	Jr.	Scotch Plains, NJ/Scotch Plains-Fanwood
Josh Krowicki*	So.	Hilltop, NJ/Triton Regional
Will Munoz	Fr.	Plainsboro, NJ/West Windsor-Plainsboro North
Rich Nelson	Fr.	Marlton, NJ/Cherokee
Chris Ricci*	Jr.	Vineland, NJ/Buena Regional
Brandon Rodkewitz	Fr.	Wharton, NJ/Morris Hills
Kevin Thorpe**	Jr.	Milltown, NJ/Spotswood
Brian Toms	Fr.	Runnemede, NJ/Triton Regional

*Indicates letters won.

2006-07 TCNJ Track and Field Outlook

Women's Track and Field

TCNJ's women's 2006 team kept its NJAC title streak intact as it racked up its 14th straight league title outdoors and won the indoor crown for the 10th time since the NJAC started sponsoring an Indoor Track Championships. Overall, TCNJ's women now have won 23 Outdoor NJAC Championships titles.

TCNJ is coming off the program's second straight Top 10 finish at the NCAA Indoor Track and Field Championships, having placed fourth at the 2005 Championships and 10th in 2006. In the outdoor season, TCNJ placed 13th in 2006 and scored 17 points at the meet. On the year, the Lions finished as the NCAA Division III runners-up in the 4 x 400 relay indoors and had six student-athletes earn All-America honors, while setting five records over the course of the campaigns.

Among the indoor highlights of the season, TCNJ's women's team won the NJAC Indoor Championships, finished in fourth in the team standings at the ECAC Indoor Division III Championships, produced six All-Americans as well as the NJAC's Most Outstanding Female Athlete of the Year in Brittny Boyd. Boyd also distinguished herself as the NJAC's only repeat honoree as the NJAC's Female Athlete of the Year and earned 19 All-American honors during her career in indoor and outdoor track and field. Third-year head coach Eric Mobley will have some tough graduation losses to rebuild from as he also loses 12-time All-American sprinter Tiffany Clark, and All-American Erika Huggler. Despite these tough graduation losses, the Lions return a number of key performers from last year's NCAA tournament team and have high expectations for 2007.

The Lions also finished in 13th place at the 2006 NCAA Outdoor Track Championships after once again wrapping up the NJAC Championship. TCNJ once again produced the NJAC's Outstanding Female Track Athlete of the Meet as Jessica Bonelli captured the award at the 2006 NJAC Outdoor Championships, before earning three All-America awards at the 2006 NCAA's. She returns having already earned seven All-America citations of her career, including a fifth-place finish at the 2006 Outdoor NCAA Championships in the 400 meters.

Entering her senior year, Angela Tecco sports an impressive career resume as well and excelled on the Lions' relays and individually, having earned seven All-America honors, including three national championships on relay teams, and is coming off a strong

junior season as one of the team's top middle distance competitors.

The Lions' sprinters will provide the team with great strength, as they are coming off another impressive season in 2006 that saw TCNJ combine to earn several All-America awards and break numerous TCNJ records. The Lions find plenty of talent on the roster as four key student-athletes return this year after each earned All-America honors numerous times during their careers. Look for senior Tecco to lead the way with the support of junior Bonelli, while a number of talented newcomers will give Mobley reasons for high expectations for the team once again this year.

Tecco has continued to build her career resume as well after an impressive start to her career. She helped the Lions win NCAA titles as a rookie on the 4 x 400 relay and repeated the honors in 2005. Tecco also finished in seventh place at the 2005 NCAA Outdoor Championships in the 800 meters and is looking for a strong finish in 2007.

As a rookie, Carolyn Gray started her collegiate career in style as she helped the Lions win the 4 x 400 Indoor Championship at the 2005 NCAA's and repeat as NCAA champions in the spring at the 2005 NCAA Outdoor Championships. Gray already has two NCAA titles under her belt in the indoor and outdoor 4 x 400 relay and four All-America citations. Look for her to split her focus this season between the 400 and 800 meter runs in her junior season. Another returning All-American in the 800 is sophomore Stephanie Herrick, who picked up seventh place at the 2006 NCAA Outdoor Championships in the event with the top time of the year for the Lions.

Among the many returnees Mobley will also look to is junior Susan Crum, who helped the Lions at the 2005 NJAC Championships, finishing as the runner-up in the 800 meter run and as part of the Lions' outdoor 4 x 400 relay team who won the event in both 2005 and 2006. Look for junior Sara Best to also be a factor for the Lions after taking second at the 2006 NJAC Outdoor Championships in the 800 meters and turning in some impressive times the year after also helping TCNJ's women's basketball team capture the 2006 NJAC Championships and an NCAA Tournament appearance.

The women throwers take a hit from graduation, but have some key newcomers looking to make their marks here with the addition of Ashley Krauss, who is expected to compete in all three throwing events.



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Track and Field Outlook continued
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The jumps area returns 2006 NJAC All-Conference high jumper sophomore Kristen Gerbehy, who has also excelled in the triple jump and the 100 meter hurdles. Combined with the return of senior Tecco, who has earned multiple All-America honors in the relays for the Lions, the Lions have considerable depth and experience in the jumps area. Newcomers Kristen Tricocci, Ashley Shafto, Ariana Laferlita, and Autumn Breese should also be major contributors here as well for the Lions this season.



Among the many new faces the Lions will find additional support from include Jianna Spadaccini, a qualifier for the New Jersey High School Meet of Champions in the 400 meter hurdles and the 800 meters. She should also be a factor for TCNJ in the middle distance events as well as Breese and Amanda Everett, while returnees such as Lauren Pfeifer and Natalie Stabenow give TCNJ assistance in the hurdles and sprints as well. The cross country group should prove quite a force from the 1,500 meters to 10,000 meters events. With the number of strong competitors on the Lions' cross country team, the Lion distance runners will continue to be a key to the team's success in 2007.

Among the top returning distance performers Mobley is expecting top performances from this year are sophomore Michelle Barbarasch, who took second at the NJAC Indoor Championships in the 5,000-meter run and helped the Lions capture the indoor distance medley relay title as well. Look for senior Jenna Prendergast, the returning NJAC Indoor Champion in the 5,000 meter run, to be a key figure here, as well as sophomore Martine McGrath and junior Erin Enderly, both NJAC All-Conference honorees in the 3,000-meter run.



Men's Track and Field Outlook

TCNJ's men's indoor and outdoor teams are coming off another very successful year that included championship titles at both the NJAC Indoor and Outdoor Championships, as well as runner-up finish at the ECAC Indoor Championships, as the Lions' have six titles in the past eight years. At the 2006 NCAA Indoor Championships, TCNJ finished in 10th place in the team standings and produced a NCAA Champion as Jeff Zodda won the crown in the 800-meter run, while Brian Donovan earned a sixth-place finish in the 5,000-meter run.

During the indoor season, the team established three new indoor school records, while also breaking three outdoor marks as well. Overall on the 2005-2006 season, the Lion men produced five All-Americans as well as an NCAA National Champion, and two NCAA runners-up. As a senior, Zodda led the way for the Lions by taking home the 2006 NCAA Division III Indoor Championship in the 800 meters after finishing as the NCAA runner-up in the 800 meters at the 2005 Outdoor Championships, just months after taking home third place at the indoor championships. He capped the year with a second place finish in the 800 meters at the 2006 NCAA Outdoor Championships, and

with one more season of eligibility left, he is looking for another shot at the NCAA crown, having already earned seven All-America awards on his Lion career.

With a number of talented performers returning from last year's squad, including a national champion, the Lions are looking forward to another record setting campaign in 2007.

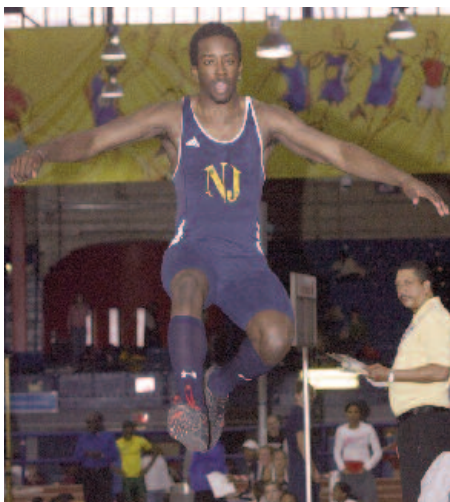
In the sprints, TCNJ returns 2006 NCAA qualifier Rob McGowan. As a freshman, he picked up second place at the NJAC Championships, both indoors and outdoors in the 400 meter run and was part of several relay teams and should have a bright career ahead of him.

Another key returnee is junior sprinter Wesley Friedman, who earned NJAC All-Conference honors in 2006 as a member of TCNJ's 4 x 200 relay team. Mobley is confident that he will continue his contributions in the short sprints and relays.

Look for junior Pat Flinn to be among the contributors here as well after an impressive freshman and sophomore campaign. Flinn was

continued on following page...

*Track and Field Outlook continued
from previous page...*



a key contributor for the team in the 200 and 400 meter runs as well as the relays and should once again add depth to the lineup this year after leading the Lions to the 2006 NJAC Indoor Championship in the 4 x 100. Look for sophomore Sullivan Parker to also return after missing last season. Parker scored for the Lions at the NJAC Championships in the 55 meter dash and in the 200-meter run in 2005.

Newcomer Brian Soltau could push for some recognition as well after some impressive times in high school as a qualifier for the New Jersey High School Meet of Champions in the 200, the 400, and the 4 x 400 relays. He picked up a third-place finish in the 200 meters and will look to be a major contributor for TCNJ in the sprints and relays this year. Additional support in the 400 and the sprint relays will come from newcomer Vincent Carpentier. Veteran senior Dave dos Santos, as well as All-NJAC performers Chris Ricci, Matt Warren, and Pasquale DiGioacchino should give the Lions considerable talent and depth in the middle distance events and relays.

Junior Marquis Mitchell returns after setting the school record in the triple jump (14.16 meters) and qualifying for the 2006 NCAA Indoor Championships. A year ago, he captured the NJAC Indoor Championship in the triple jump, while also taking second in the high jump. Look for Mitchell to also compete in



the 110 meter hurdles this season. Senior Dan Mitchell is the squad's top returning javelin thrower and scorer for the Lions in the NJAC Championships in the high jump, long jump, and triple jump as a junior in 2006.

Senior Colin Pierce returns this year after winning the 2005 NJAC indoor and outdoor triple jump competition and taking home second at both NJAC Championships in 2006. Junior Andy Lim gives TCNJ additional depth after he turned in some impressive efforts last year and will be looked to here to score points and is the team's top returning hurdler. Sophomore Kevin Grandstaff is the team's top returning performer in the long jump and will also try his hand in 2007 in the multi-events. Senior Pablo Vazquez will also figure here as the Lions look to score points in numerous events in 2007. Junior Brian Donatelli holds TCNJ's record in the 35 pound weight (56' 1") and was the NJAC runner-up at the 2005 Indoor Championships and picked up third in the event in 2006. Look for returning performers such as Andrew Heck and Tom Tyrell to emerge in the pole vault for the Lions after impressive efforts last season. Newcomer Kevin Russo will add much-needed help in the throws area after a strong scholastic career, while newcomers Mario Smeriglio, Berne Edwards and Alfred Wonesh will also contribute in the sprints and hurdles for the Lions.

Middle distance will also be an area of considerable strength for the Lions in 2007 with the return of All-American Zodda, as well as seniors Matt Randal and dos Santos. Zodda has excelled in the 800 meters and is looking to defend his NCAA crown again this year. Mobley will look to newcomers to help the Lions in this area and has several performers who should fit right into the lineup.

The distance unit takes a hit with the graduation of the 2006 NCAA Outdoor Runner-Up in the 10,000-meter run, Brian Donovan. The Lions should be led by senior Craig Beall and sophomores Brian Kopnicki and Kyle Alpaugh. Junior Steve Kinney is coming off a strong campaign in 2006 after taking third in the outdoor 10,000-meter run at the NJAC's and is looking for that momentum to carry over this year. Now a junior, Anthony Arnold was the 2005 NJAC outdoor champion in the 10,000 meters as a rookie. Look for sophomores Christopher Guerriero, Josh Krowicki, Ryan McMahon, and Matt Dolan to step up here as well after a good start to their careers. Also some of the younger members of the cross country team to also step up here as the season progresses. This talented group should prove to be highly successful on the track. ■

2006–2007 TCNJ Track and Field Team



Women's Track and Field Team

Name	Class	Event(s)	Hometown/High School
Michelle Barbarasch*	So.	Distance	Princeton Junction, NJ/ West Windsor-Plainsboro South
Sara Best**	Jr.	Mid-Distance	High Bridge, NJ/Voorhees
Valerie Bonczek	Fr.	Distance	Spotswood, NJ/Spotswood
Jessica Bonelli**	Jr.	Sprints	Sewell, NJ/Gloucester Catholic
Kendra Boyd*	So.	Distance	Atlantic Highlands, NJ/Henry Hudson
Autumn Breese	Fr.	Sprints/Hurdles/Jumps	Port Monmouth, NJ/Middletown South
Kelly Cahill	Fr.	Distance	Coram, NY/Longwood
Justine Canevale	So.	Distance	Oceanport, NJ/Shore Regional
Jennifer Caratola	Fr.	Sprints	Brigantine, NJ/Atlantic City
Susan Crum**	Jr.	Mid-Distance	Andover, NJ/Hopatcong
Megan Donovan	So.	Distance	East Brunswick, NJ/East Brunswick
Erin Enderly**	Jr.	Distance	Ocean Township, NJ/Ocean Township
Amanda Everett	Fr.	Mid-Distance	West Caldwell, NJ/James Caldwell
Heather Garleb**	Jr.	Distance	Howell, NJ/Howell
Kristen Gerbehy*	So.	Hurdles/Jumps	Califon, NJ/Voorhees
Carolyn Gray**	Jr.	Sprints	Barneget, NJ/Southern Regional
Stephanie Herrick*	So.	Mid-Distance	Wayne, NJ/Wayne Valley
Lauren Keller	Fr.	Distance	Whippany, NJ/Whippany Park
Ashley Krauss	Fr.	Throws	Flemington, NJ/Hunterdon Central
Allyson Krayl***	Sr.	Distance	Pt. Pleasant Beach, NJ/Pt. Pleasant Beach
Ariana Laferlita	Fr.	Jumps	Lincroft, NJ/Middletown North
Tara LaRezza	Fr.	Distance	Montvale, NJ/Pascack Valley
Khristelle Manuyag***	Sr.	Sprints/Jumps	Cranford, NJ/Cranford
Martine McGrath*	So.	Distance	West Long Branch, NJ/Shore Regional
Meghan Miller	Fr.	Sprints/Hurdles	Sayreville, NJ/Sayreville War Memorial
Christine Nystrom***	Sr.	Distance	Skillman, NJ/Montgomery
Megan O'Leary*	So.	Distance	Marlton, NJ/Cherokee
Lauren Pfeifer*	Jr.	Sprints/Hurdles/Jumps	Freehold, NJ/Red Bank Catholic
Jenna Prendergast**	Sr.	Distance	Jackson, NJ/Jackson
Monica Rodriguez	Fr.	Sprints	Warren, NJ/Watchung Hills
Priscilla Senyah	Fr.	Sprints/Hurdles	Sayreville, NJ/Shore Regional
Ashley Shafto	Fr.	Sprints/Hurdles/Jumps	Brick, NJ/Monsignor Donovan
Jianna Spadaccini	Fr.	Sprints/Hurdles	Butler, NJ/Butler
Natalie Stabenow**	Jr.	Jumps/Hurdles	Green Brook, NJ/Watchung Hills
Angela Tecco***	Sr.	Sprints	Wildwood Crest, NJ/Lower Cape May
Kristen Tricocci	Fr.	Sprints/Jumps	Cinnaminson, NJ/Cinnaminson
Julie Ullmeyer*	So.	Distance	West Long Branch, NJ/Shore Regional
Nicole Ullmeyer*	So.	Distance	West Long Branch, NJ/Shore Regional
Michelle Wallace	Fr.	Distance	Emerson, NJ/Emerson
Coleen Weber*	So.	Distance	Mullica Hill, NJ/Clearview
Allison Weld	Fr.	Sprints	Ledgewood, NJ/Roxbury

*Indicates letters won.

2006–2007 TCNJ Track and Field Team



Men's Track and Field Team

Name	Class	Event(s)	Hometown/High School
Kyle Alpaugh*	So.	Distance	High Bridge, NJ/Voorhees
Marc Altenau**	Sr.	Distance	West Long Branch, NJ/Shore Regional
Anthony Arnold**	Jr.	Distance	Brielle, NJ/St. Rose
Craig Beall***	Sr.	Distance	Denville, NJ/Parsippany Hills
Paul Bernardo	Fr.	Distance	Hillsborough, NJ/Hillsborough
Greg Bredeck	Fr.	Distance	Marlton, NJ/Cherokee
Greg Bull*	So.	Distance	East Brunswick, NJ/East Brunswick
Vincent Carpentier	Fr.	Sprints	Branchburg, NJ/Somerville
Pasquale DiGioacchino*	So.	Distance	Bernardsville, NJ/Bernards
Matt Dolan*	So.	Distance	Marlton, NJ/Cherokee
Brian Donatelli**	Jr.	Throws	Whitehorse Station, NJ/Hunterdon Central
Dave dos Santos***	Sr.	Middle Distance	Randolph, NJ/Randolph
Berne Edwards	Fr.	Sprints/Hurdles	Howell, NJ/Howell
Pat Flinn**	Jr.	Sprints	Hasbrouck Heights, NJ/Don Bosco Prep
Wesley Friedman*	Jr.	Sprints	Morganville, NJ/Marlboro
Kyle Gafgen**	Jr.	Sprints	Robbinsville, NJ/Lawrence
Kevin Gilligan	Fr.	Sprints/Hurdles	Succasunna, NJ/Roxbury
Iber Gonzalez*	So.	Sprints	South Bound Brook, NJ/Bound Brook
Offir Gonzalez*	So.	Jumps	South Bound Brook, NJ/Bound Brook
Kevin Grandstaff*	So.	Multi-Events	Succasunna, NJ/Roxbury
Christopher Guerriero*	So.	Distance	Saddle Brook, NJ/Saddle Brook
Andrew Heck	Fr.	Pole Vault	Beachwood, NJ/Toms River South
Galen Johnson**	Jr.	Distance	South Plainfield, NJ/South Plainfield
Otto Katt *	Jr.	Sprints/Hurdles	Moorestown, NJ/Moorestown
Steve Kinney**	Jr.	Distance	Green Brook, NJ/Watchung Hills Regional
Steven Klett	Fr.	Distance	Clifton, NJ/Clifton
Brian Kopnicki**	Jr.	Distance	Scotch Plains, NJ/Scotch Plains-Fanwood
Josh Krowicki*	So.	Distance	Hilltop, NJ/Triton Regional
Andy Lim**	Jr.	Jumps/Hurdles	Leonia, NJ/Leonia
Rob McGowan*	So.	Sprints	Monroe Township, NJ/Monroe Township
Ryan McMahan*	So.	Distance	Cranford, NJ/Cranford
Dan Mitchell**	Sr.	Jumps	Mount Laurel, NJ/Lenape
Marquis Mitchell**	Jr.	Jumps	Bergenfield, NJ/Bergen Tech
Will Munoz	Fr.	Distance	Plainsboro, NJ/ West Windsor Plainsboro-South
Rich Nelson	Fr.	Distance	Marlton, NJ/Cherokee
Sullivan Parker*	Jr.	Sprints	Bergenfield, NJ/Bergenfield
Michael Peters*	So.	Pole Vault	Marlboro, NJ/Marlboro
Colin Pierce***	Sr.	Jumps	Ho-Ho-Kus, NJ/Northern Highlands
Woodrow Prevard*	So.	Sprints/Hurdles	Sicklerville, NJ/Winslow Township
Matt Randal***	Sr.	Distance	Dayton, NJ/South Brunswick
Chris Ricci**	Jr.	Middle Distance	Vineland, NJ/Buena Regional
Brandon Rodkewitz	Fr.	Distance	Wharton, NJ/Morris Hills
Kevin Russo	Fr.	Throws	Dumont, NJ/Dumont
Mario Smeriglio	Fr.	Sprints/Hurdles	Ocean, NJ/Ocean Township
Brian Soltau	Fr.	Sprints	West Windsor, NJ/ West Windsor Plainsboro-South
Kevin Thorpe**	Jr.	Middle Distance	Milltown, NJ/Spotswood
Brian Toms	Fr.	Distance	Runnemede, NJ/Triton Regional
Thomas Tyrell*	Jr.	Paul Vault	Palermo, NJ/Ocean City
Pablo Vazquez***	Sr.	Multi-Events	East Hanover, NJ/Hanover Park
Matt Warren*	So.	Sprints/Hurdles	Northfield, NJ/Mainland Regional
Alfred Wonesh	So.	Sprints/Hurdles	Columbus, NJ/Northern Burlington
Jeff Zodda***	Sr.	Middle Distance	Mercerville, NJ/Notre Dame

*Indicates letters won.

TCNJ's Track All-Americans



Brittney Boyd earned 19 All-America citations during her track career at TCNJ.

All-Time Women's Track and Field All-Americans

Year	Name	Event(s)	
1981	Debbie Alford	100 (Outdoor)	
	Jill Watts	*Javelin, 1st (Outdoor)	
1982	Colleen Casey	*5,000, 1st (Outdoor), *10,000, 1st (Outdoor)	
	Janice Chiavacci	4 x 400, 3rd (Outdoor)	
	Linda Clay	100 H, 9th (Outdoor)	
	Judy Hunt	4 x 400, 3rd (Outdoor)	
	Jo Ann Potts	4 x 400, 3rd (Outdoor), 400 H, 6th (Outdoor)	
	Jill Watts	*Javelin, 1st (Outdoor)	
1983	Melissa Wenczel	4 x 400, 3rd (Outdoor)	
1983	Colleen Casey	5,000, 6th (Outdoor), 10,000, 2nd (Outdoor)	
1984	Tonya Anderson	*4 x 400, 1st (Outdoor)	
	Margaret Brent	*4 x 100, 1st (Outdoor)	
	Helene Duffield	*4 x 100, 1st (Outdoor)	
	Sandy Humphrey	*4 x 400, 1st (Outdoor), *4 x 100, 1st (Outdoor), 200, 5th (Outdoor), 400, 7th (Outdoor)	
	Judy Hunt	*4 x 400, 1st (Outdoor), *4 x 100, 1st (Outdoor)	
	Melissa Wenczel	*4 x 400, 1st (Outdoor)	
	1985	Sandy Humphrey	100 H, 4th (Outdoor)
	Virginia Zaleski	1,500, 8th (Outdoor)	
	1986	Michelle Nichol	3,000, 5th (Outdoor)
		Karen Vance	Javelin, 5th (Outdoor)
Virginia Zaleski		1,500, 5th (Outdoor)	
1987	Karen Vance	Javelin, 8th (Outdoor)	
	Virginia Zaleski	*3,000, 1st (Outdoor), 1,500, 7th (Outdoor)	
1988	Sue Piekarz	Discus, 2nd (Outdoor)	
1989	Janice Meyer	400 H, 6th (Outdoor)	
	Marianne Papay	800, 3rd (Outdoor), 1,500, 2nd (Outdoor), 3,000, 4th (Outdoor)	
	Karen Vance	Javelin, 6th (Outdoor)	
	Sue Piekarz	Shot Put, 2nd (Indoor), Discus, 7th (Outdoor)	
1990	Janice Meyer	400, 5th (Indoor), 55 HH, 3rd (Indoor), 100 HH, 6th (Outdoor), 400 H, 6th (Outdoor)	
	Marianne Papay	3,000, 5th (Outdoor), 5,000, 6th (Outdoor)	
	Sue Piekarz	Discus, 3rd (Outdoor)	
1991	Janice Meyer	55 H, 5th (Indoor), 100 HH, 3rd (Outdoor), 400 IM, 6th (Outdoor)	
	Sue Piekarz	Discus, 2nd (Outdoor)	
1993	Kathy Dougherty	1,500, 5th (Indoor)	
1995	Missy Blaney	4 x 400, 5th (Indoor), 800, 6th (Outdoor)	
	Marianne Deregibus	4 x 400, 5th (Indoor)	
	Kristina MacPhee	4 x 400, 5th (Indoor)	
	Jennifer Wilson	4 x 400, 5th (Indoor)	
1996	Marianne Deregibus	400, 8th (Outdoor)	
	Amy Smith	55, 4th (Indoor)	
1997	Marianne Deregibus	400, 5th, 2nd (Indoor and Outdoor), 800, 2nd (Outdoor)	
	Cathy Miller	5,000, 2nd (Indoor)	
	Amy O'Donnell	5,000, 3rd (Indoor)	
1999	Katherine Dahlquist	4 x 400, 4th (Indoor)	
	Stacey Damiani	4 x 400, 8th (Outdoor)	
	Ovida Habersham	400, 5th, 6th (Indoor and Outdoor), 4 x 400, 4th, 8th (Indoor and Outdoor)	
	Kristen Rusak	4 x 400, 4th (Indoor), 8th (Indoor and Outdoor)	
	Gina Spaziano	400, 6th (Indoor), 4 x 400, 4th, 8th (Indoor and Outdoor)	
	Noel Whittall	*5,000, 1st (Outdoor), 3,000, 4th, (Outdoor)	

continued on following page...

CoSIDA Academic All-Americans

Marianne Papay Women's At-Large Team
1989, 1990
Noel Whittall Women's At-Large Team
2000

Year	Name	Event(s)
2000	Noel Whittall	5,000, 2nd, 5th (Indoor and Outdoor), 3,000, 6th (Outdoor)
2001	Erica DiStefano	high jump, 8th (Outdoor), 100 H, 7th (Outdoor)
	Erica DiStefano	*High Jump, 1st (Indoor), 55 H, 4th (Indoor), 100 H, 4th (Outdoor), High Jump, 2nd (Outdoor)
2002	Beth Vesey	3,000, 8th (Outdoor)
	Janet Andrews	High Jump, 4th (Outdoor)
	Erica DiStefano	55 H, 2nd (Indoor), 100 H, 2nd (Outdoor), High Jump, 3rd (Outdoor)
2003	Brittney Boyd	400, 8th (Indoor), 4 x 400, 6th, 2nd (Indoor and Outdoor)
	Irene Leidenfrost	4 x 400, 6th (Indoor), 4 x 400, 2nd (Outdoor)
	Tiffany Clark	400, 2nd (Outdoor), 4 x 400, 6th, 2nd (Indoor and Outdoor)
	Kate Powell	4 x 400, 6th, 2nd (Indoor and Outdoor)
2004	Lindsay Scarborough	3,000 steeplechase, 3rd (Outdoor)
	Beth Vesey	5,000, 2nd (Indoor)
	Brittney Boyd	55, 7th (Indoor), 4 x 400, 3rd (Indoor), *4 x 100, 1st (Outdoor), *4 x 400, 1st (Outdoor), 100, 4th (Outdoor)
	Angela Tecco	4 x 400, 3rd (Indoor), *4 x 400, 1st (Outdoor),
	Kate Powell	4 x 400, 3rd (Indoor), *4 x 100, 1st (Outdoor), *4 x 400, 1st (Outdoor)
2005	Tiffany Clark	4 x 400, 3rd (Indoor), 400 m, 2nd (Outdoor), *4 x 100, 1st (Outdoor), *4 x 400, 1st (Outdoor)
	Khristelle Manuyag	*4 x 100, 1st (Outdoor)
	Brittney Boyd	55, 7th (Indoor), *4 x 400 relay, 1st (Indoor and Outdoor), *4 x 100 relay, 1st (Outdoor), 100 meters, 4th (Outdoor), 200, 8th (Outdoor)
	Tiffany Clark	400, 6th (Indoor), *4 x 400 relay, 1st (Indoor and Outdoor), *400, 1st (Outdoor), *4 x 100 relay, 1st (Outdoor), 200, 6th (Outdoor)
	Carolyn Gray	*4 x 400 relay, 1st (Indoor and Outdoor)
	Jessica Bonelli	*4 x 400 relay, 1st (Indoor and Outdoor), *4 x 100 relay, 1st (Outdoor)
2006	Angela Tecco	*4 x 400 relay, 1st (Indoor and Outdoor), 800, 7th (Outdoor)
	Khristelle Manuyag	*4 x 100 relay, 1st (Outdoor)
	Jessica Bonelli	400 m, 5th (Outdoor), 4 x 100 relay, 4th (Outdoor), 4 x 400 relay 2nd (Indoor), 5th (Outdoor)
	Brittney Boyd	4 x 100 relay, 4th (Outdoor), 400, 7th (Outdoor), 400, 3rd (Indoor), 4 x 400 relay, 2nd (Indoor), 5th (Outdoor)
	Tiffany Clark	4 x 100 relay, 4th (Outdoor)
	Carolyn Gray	4 x 400 relay, 2nd (Indoor), 5th (Outdoor)
	Stephanie Herrick	800 m, 7th (Outdoor)
	Erika Huggler	4 x 100 relay, 4th (Outdoor)
Angela Tecco	4 x 400 relay, 2nd (Indoor), 5th (Outdoor), 800, 6th (Indoor)	

*Indicates National Champions.

TCNJ's Track All-Americans

CoSIDA Academic All-Americans

Chris Ludwig	Cross Country-Track 2002, 2003
Kevin Semanick	Cross Country-Track 2003, 2004
Matt Molski	Cross Country-Track 2004, 2005



Brian Donovan earned three All-America citations as a senior in 2006.



Jeff Zodda winner of 800 meters championship at the 2006 NCAA Division III Indoor Track Championships.

All-Time Men's Track and Field All-Americans

Year	Name	Event(s)
1974	Steve Ondrejack	Shot Put
1975	Joe DeLuise	Discus, 4th (Outdoor)
1976	Joe DeLuise	Discus, 7th (Outdoor)
	Mark Mirabelli	Javelin, 4th (Outdoor)
	Keith Taylor	100, 2nd (Outdoor), Long Jump, 4th (Outdoor)
1981	Tracey Hosler	Javelin, 3rd (Outdoor)
1982	Tracey Hosler	Javelin, 2nd (Outdoor)
	John Richardson	Javelin, 4th (Outdoor)
1995	Chris Kalwinsky	400, 4th (Indoor)
1997	Eric Chernikovich	4 x 400 relay, 6th (Indoor)
	Dan DiSanto	4 x 400 relay, 6th (Indoor)
	Ricky Moore	4 x 400 relay, 6th (Indoor)
	Luke Suttile	4 x 400 relay, 6th (Indoor)
	Jason Capelli	3,000 Steeplechase, 4th (Outdoor)
1999	Eric Chernikovich	4 x 400, 8th (Outdoor)
	Jim Pagnallo	4 x 400, 8th (Outdoor)
	Don Platvoet	4 x 400, 8th (Outdoor)
	Luke Suttile	4 x 400, 8th (Outdoor)
2000	Paul Catley	Shot Put, 4th (Outdoor)
	Mike Polulak	Javelin, 7th (Outdoor)
2001	Paul Catley	Shot Put, 6th, 5th (Indoor and Outdoor)
	Shawn Levinson	55H, 6th (Indoor)
	Mike Polulak	Javelin, 8th (Outdoor)
2002	Dave Burns	4 x 400 relay, 6th (Indoor)
	Karim Cockrell	4 x 100, 6th (Outdoor)
	Bob Dumas	4 x 100, 6th (Outdoor)
	Eric Green	4 x 400 relay, 6th (Indoor), 200, 4th (Outdoor), 4 x 100, 6th (Outdoor)
	Shawn Levinson	55H, 2nd (Indoor)
	Matt Miller	4 x 100, 6th (Outdoor)
	Mike Polulak	Javelin, 2nd (Outdoor)
	Nick Ricco	5,000 m, 2nd (Indoor)
	Kevin Semanick	4 x 400 relay, 6th (Indoor)
	Chad Williams	Decathlon, 5th
	Tim Wilson	4 x 400 relay, 6th (Indoor)
2003	Stephen Andrews	4 x 100, 8th (Outdoor)
	Maurice Carter	4 x 100, 8th (Outdoor)
	Karim Cockrell	55 m, 3rd (Indoor), Long Jump, 5th (Indoor)
	Bob Dumas	4 x 100, 8th (Outdoor)
	Eric Green	4 x 400, 6th (Indoor)
	Shawn Levinson	4 x 100, 8th (Outdoor)
	Jesse Mesina	4 x 400, 6th (Indoor)
	Nick Ricco	5,000 m, 3rd (Indoor), 5,000 m* (Outdoor)
	Kevin Semanick	4 x 400, 6th (Indoor)
	Chad Williams	Decathlon, 6th
	Tim Wilson	4 x 400, 6th (Indoor)
	Jeff Zodda	800 m, 6th (Indoor)
2004	Stephen Andrews	55 m, 3rd (Indoor)
	Matt Molski	DMR, 8th (Indoor)
	Jeff Schwerdtman	Discus, 5th (Outdoor)
	Bill Vogel	DMR, 8th (Indoor)
	Chad Williams	Decathlon, 4th (Outdoor)
	Ed Young	DMR, 8th (Indoor)
	Jeff Zodda	DMR, 8th (Indoor), 800 m 6th (Outdoor)
2005	Matt Molski	1-mile run, 8th place (Indoor)
	Jeff Zodda	800 m, 3rd (Indoor), 800 m 2nd (Outdoor)
2006	Brian Donovan	5,000, 6th (Indoor), 7th (Outdoor), 10,000 m, 2nd (Outdoor)
	Jeff Zodda	800* (Indoor), 2nd (Outdoor)

*Indicates National Champions.

TCNJ's Women's Track and Field Records

Women's Indoor Records

Event	Performance	Holder(s)	Year
55 m	7.18	Brittney Boyd	2005
60 m	7.79	Brittney Boyd	2005
200 m	25.22	Brittney Boyd	2005
400 m	56.68	Brittney Boyd	2006
500 m	1:17.55	Angela Tecco	2006
800 m	2:14.40	Missy Blaney	1995
1,000 m	2:58.11	Angela Tecco	2005
1,500 m	4:33.25	Virginia Zaleski	1987
1-mile	5:06.46	Marianne Papay	1989
3,000 m	9:56.76	Noel Whitall	2000
5,000 m	17:01.26	Noel Whitall	2000
60 m HH	9.08	Erica DiStefano	1999
55 m HH	8.19	Erica DiStefano	2001
4 x 200 m	1:42.88	Brittney Body, Irene Leidenfrost, Kate Powell, Tiffany Clark	2003
4 x 400 m	3:51.30	Brittney Boyd, Carolyn Gray, Angela Tecco, Jessica Bonelli	2006
4 x 800 m	9:32.49	Rachel VanHorn, Jennifer Zucaro, Karen Auteri, Lauren Ricci	2002
SMR	4:22.5	Tonya Anderson, Sandy Humphrey, Chris Magenheimer, Virginia Zaleski	1986
DMR	12:07.56	Angela Tecco, Erika Huggler, Stephanie Herrick, Martine McGrath	2006
Long Jump	18' 7 ³ / ₄ "	Brittney Boyd	2005
High Jump	5' 9 ¹ / ₄ "	Erica DiStefano	2001
Triple Jump	35' 5"	Alissa Vetter	2004
Pole Vault	10' 6"	Elyse Mitchell	2005
Shot Put	43' 3"	Sue Piekraz	1990
20lb Wt.	46' 6 ³ / ₄ "	Celeste Denman	2002
Pentathlon	3,284 pts.	Catherine Mullen	1999

*Times listed to the 10th are hand times. Times listed to the 100th are FAT.

Women's Outdoor Records

Event	Performance	Holder(s)	Year
100 m	11.92	Brittney Boyd	2005
200 m	24.71	Amy Marie Smith	1996
400 m	54.59	Tiffany Clark	2005
800 m	2:11.43	Marianne Deregibus	1997
1,500 m	4:31.6	Virginia Zaleski	1987
3,000 m	9:37.8	Virginia Zaleski	1987
5,000 m	16:47.0	Colleen Casey	1982
10,000 m	34:42.50	Colleen Casey	1982
3,000 m s/c	10:48.70	Lindsay Scarborough	2003
100 m HH	14.39	Erica DiStefano	2001
400 m IH	1:01.84	Janice Meyer	1991
4 x 100 m	47.01	Khristelle Manuyag, Jessica Bonelli, Brittney Boyd, Tiffany Clark	2005
4 x 200 m	1:40.83	Khristelle Manuyag, Brittney Boyd, Jessica Bonelli, Tiffany Clark	2005
4 x 400 m	3:44.82	Kate Powell, Brittney Boyd, Angela Tecco, Tiffany Clark	2004
4 x 800 m	9:34.39	Lauren Ricci, Jennifer Zucaro, Karen Auteri, Rachel VanHorn	2002
4 x 1,500 m	19:34.39	Kerry Moore, Catherine Miller, Amy O'Donnell, Noel Whitall	1997
DMR	12:05.44	Angela Tecco, Sara Best, Stephanie Herrick, Martine McGrath	2006
SMR	4:05.23	Brittney Boyd, Carolyn Gray, Jessica Bonelli, Angela Tecco	2006
SHR	1:06.9	Michele Kratz, Loreli Boggs, Jodi Lautner, Janice Meyer	1990
Pole Vault	10' 6"	Elyse Mitchell	2004
High Jump	5' 9 ³ / ₄ "	Erica DiStefano	2001
Long Jump	18' 6"	Janet Witherspoon	1978
Triple Jump	36' ³ / ₄ "	Alisa Vetter	2004
		Lisa Goldbreath	1987
Shot Put	43' ³ / ₄ "	Sue Piekraz	1991
Discus	163' 0"	Sue Piekraz	1991
Hammer	151' 0"	Celeste Denman	2002
Javelin	156' 6"	Karen Vance	1987
Heptathlon	4,359 points	Melissa Wenczel	1984

*Times listed to the 10th are hand times. Times listed to the 100th are FAT.

TCNJ's Men's Track and Field Records

Men's Indoor Records

Event	Performance	Holder(s)	Year
55 m	6.37	Stephen Andrews	2004
60 m	6.89	Stephen Andrews	2004
200 m	21.97	Eric Green	2002
400 m	48.92	Chris Kalwinsky	1995
500 m	1:04.35	Jeff Zodda	2006
800 m	1:51.32	Jeff Zodda	2006
1,000 m	2:29.04	Matt Molski	2003
1,500 m	3:54.54	Nick Ricco	2003
1-mile	4:09.71	Matt Molski	2005
3,000 m	8:21.37	Nick Ricco	2003
5,000 m	14:27.86	Nick Ricco	2003
55 m HH	7.53	Shawn Levinson	2002
60 yd HH	7.2	Steve McIntyre	1972
4 x 200 m	1:28.43	Bob Dumas, Kevin Semanick, Dave Burns, Eric Green	2002
4 x 400 m	3:16.21	Eric Green, Kevin Semanick, Jesse Mesina, Tim Wilson	2003
4 x 800 m	7:49.12	Matt Molski, Mike Armstrong, Aaron Boucher, Jeff Zodda	2003
SMR	3:34.46	Tom Casperson, Ron Maugei, Hakim Allah, John Bayliss	1982
DMR	9:58.85	Matt Molski, Ed Young, William Vogel, Jeff Zodda	2004
Long Jump	7.20 m	Kevin Jones	2004
High Jump	6' 9"	Ed Marion	2005
Triple Jump	14.16 m	Marquis Mitchell	2006
Pole Vault	15' 6"	Rich Hawkins	2001
Shot Put	16.54 m	Jeff Schwerdtman	2004
35lb Wt.	56' 1"	Jim Robinson	2002
	56' 1"	Brian Donatelli	
Pentathlon	3,582 pts.	Mark Dice	1981
Heptathlon	4,701 pts.	Chad Williams	2004

*Times listed to the 10th are hand times. Times listed to the 100th are FAT.

Men's Outdoor Records

Event	Performance	Holder(s)	Year
100 m	10.55	Keith Taylor	1976
200 m	21.34	Eric Green	2002
400 m	47.95	Chris Kalwinsky	1995
800 m	1:49.61	Jeff Zodda	2005
1,500 m	3:50.62	John Bayliss	1982
3,000 m s/c	9:07.80	Jason Geipel	2000
5,000 m	14:10.69	Brian Donovan	2006
10,000 m	30:00.99	Brian Donovan	2006
110 H	14.3	Brian Grey	1982
		Otha Miller	1976
		Steve McIntyre	1972
400 IH	52.84	Dave Burns	2002
4 x 100 m	41.11	Karim Cockrell, Eric Green, Matt Miller, Bob Dumas	2002
4 x 200 m	1:28.42	Shawn Levinson, Bob Dumas, Don Platvoet, Dave Burns	2001
4 x 400 m	3:13.87	Jim Pangallo, Don Platvoet, Luke Suttle, Eric Chernikovich	1999
4 x 800 m	7:37.59	William Vogel, Dan McDonald, Matt Molski, Jeff Zodda	2005
4 x 1,500 m	16:52.35	Jon Harris, Shawn McElhaugh, Jason Capelli, Brian Falkowski	1997
SMR	3:24.58	Karim Cockrell, Kevin Jones, Rob McGowan, Jeff Zodda	2006
DMR	10:01.37	Sean Lesniak, Sean Begley, Jeff Zodda, Matt Molski	2005
SHR	1:01.59	Cory Schoonhover, Ed Young, Chad Williams, Kevin Semanick	2004
Pole Vault	15' 3"	Rich Hawkins	2000
2High Jump	6' 8 1/4"	Ed Marion	2002
Long Jump	23' 9"	Marquis Allen	2002
Triple Jump	45' 1 1/2"	Chris Cusimano	1988
Shot Put	55' 11"	Joe Deluise	1976
Discus	171' 1"	Jeff Schwerdtman	2004
Hammer	173' 1"	Jim Robinson	2002
Javelin (old)	232' 11 1/2"	Mark Mirabelli	1976
Javelin (new)	211' 6"	Marc Rullo	1991
Decathlon	6,625 points	Chad Williams	2004

*Times listed to the 10th are hand times. Times listed to the 100th are FAT.

Athletics at the College



High achievement and scholarship in the classroom have been mirrored by the success of The College of New Jersey student-athletes. Since the 1978–79 Lion wrestling team captured the College’s first National Collegiate Athletic Association (NCAA) team championship, TCNJ has established itself as one of the nation’s most successful Division III (non-athletic scholarship) programs.

Since 1979, The College of New Jersey has amassed a total of 38 Division III crowns in six different sports. In addition, TCNJ has posted 30 runner-up awards, giving the College an aggregate of 68 first- and second-place finishes. That figure is top among the nation’s 424 Division III colleges and universities during the past 27 years (see chart).

Division III, which comprises more institutions of higher learning than either of the other NCAA membership divisions (I and II), represents student-athletes in, perhaps, their truest form. TCNJ student-athletes meet the same admission and academic standards as other students and, equally important, contribute to the diversity and well-roundedness of the college community.

TCNJ offers 20 sports—10 for men and 10 for women. Lion teams have earned NCAA Division III team championships in wrestling (five), field hockey (nine), women’s lacrosse (13), softball (six), women’s tennis (one), women’s soccer (three), and men’s soccer (one). Other sports include football, men’s and women’s cross country, men’s and women’s basketball, men’s and women’s swimming, baseball, men’s tennis, men’s and women’s track and field, and men’s and women’s indoor track.

A highly qualified and successful coaching staff committed to the development of TCNJ student-athletes has produced an extensive list of high achievers who have won All-American and all-conference honors. To date, TCNJ has produced 45 CoSIDA Academic All-Americans, while two-time honoree, Tracy Warren was inducted into CoSIDA’s Academic All-America Hall of Fame, joining an elite group that includes other honorees such as Bill Bradley, Tom McMillen, Joe Theismann, Anne Donovan, and Steve Young.

During the 2005–06 academic year, the Lions competed in 15 different NCAA Division III Championships and captured one NCAA Division III Championship and a team runner-up finish, while two individuals earned NCAA titles as well.

Over the past 11 years, TCNJ has finished in the Top 10 in each of the USSA Directors’ Cup races. In 1995–96, TCNJ took fourth place and finished in second place in 1996–97. The Lions finished in second place again in 1997–98. TCNJ finished third five different times spanning from 1999 to 2003, while earning a fourth place finish in 2004 and a 10th place showing in 2005. In 2006, TCNJ finished in second place, extending the Lions’ Top 10 finish for the 11th straight year, while TCNJ amassed a record 790.25 points in the race for the cup.

As impressive as the overall record is, the College’s accomplishments as a leader in women’s sports is even greater. Since NCAA Championships were initiated for women in 1981, only TCNJ has won as many as 31 Division III team championships. The total does not include the Lions’ lacrosse championship in 1981 or the softball championships in 1980 and 1981, which were sponsored by

continued on following page...

TCNJ’s Place Finishes in the Annual USSA Directors’ Cup Race

Year	Finish	Points
1995–96	Fourth	438.0
1996–97	Second	589.0
1997–98	Tied for Second	460.0
1998–99	Third	470.0
1999–2000	Third	702.5
2000–01	Third	713.5
2001–02	Third	751.0
2002–03	Third	695.75
2003–04	Fourth	751.0
2004–05	10th	584.0
2005–06	Second	790.25

NCAA Division III Team Championships and Runner-Up Finishes*

College or University	Titles	Honors	Runner-Up Totals
1. The College of New Jersey	38 (6)	30	68
2. Kenyon College (OH)	50 (3)	10	60
3. U. of Calif.-San Diego [^]	20 (5)	33	53
4. U. of Wisconsin-La Crosse	31 (6)	18	49
5. U. of Wisc.-Oshkosh	24 (6)	20	44

[^]Joined NCAA Division II in 2000–01.

*Figures in parenthesis represent the total number of sports that won NCAA Championships since the 1978–79 academic year. (SOURCE: 2005–06 National Collegiate Championship Handbook and the NCAA News.)

the AIAW (Association for Intercollegiate Athletics for Women) prior to women's sports' inclusion in the NCAA. In the fall of 1999, TCNJ's women's athletic program was voted as the top Division III institution for female student-athletes by *Sports Illustrated for Women* and was chosen second best in the fall of 2000.

TCNJ's athletic and recreational facilities support a highly successful intramural program and are among the finest found at Division III colleges and universities in the Northeast. The spring of 1998 saw the addition of a Physical Enhancement Center and renovations to Packer Hall that include a new athletic training facility, new locker room facilities, and a weight training facility for varsity student-athletes. Additional on-campus facilities recently completed include a state-of-the-art softball facility with stadium seating, dugouts, and a press box, as well as a multi-purpose complex that will be the home for TCNJ's soccer teams. The complex boasts a Sportexec surface as well as a pressbox and stadium seating with a seating capacity of 1,100.

In addition to regular season competition, TCNJ has been the site of NCAA Championships in wrestling, softball, men's soccer, field hockey, women's tennis, and women's lacrosse, as well as a number of regional championship contests. In the past six years, TCNJ has hosted the 1999 NCAA Division III Wrestling Championships, the 1999 NCAA Division III Women's Tennis Championships as well as the 1999 NCAA Division III Field Hockey Championship. In May 2000, TCNJ again served as the host site for the National Collegiate and NCAA Division III Women's Lacrosse Championships. TCNJ hosted the 2002 NCAA Division III Atlantic Regional Men's and Women's Cross Country Championships as well as the 2005 NCAA Division III Women's Lacrosse Championships. Most recently, the 2006 NCAA Division III Wrestling Championships returned to TCNJ for the fourth time in the tournament history. ■



About the College



Character

The College of New Jersey is a highly selective public residential college focusing on the undergraduate experience. Through its seven schools—Art, Media, and Music; Business; Culture and Society; Education; Engineering; Nursing; and Science—the College offers more than 50 liberal arts and professional programs. The College of New Jersey has been named one of the nation’s “most competitive” schools by *Barron’s Profiles of American Colleges* and the No. 1 public master’s university in the North by *U.S. News & World Report*.

History

Founded in 1855 as the New Jersey State Normal School, the College went through five incarnations before emerging as The College of New Jersey in 1996. From its roots as a teacher training school, the College has continually raised its standards and expanded its scope, becoming one of the most competitive schools of its kind in the nation.

Location

Situated on 289 tree-lined acres in suburban Ewing, NJ, the College is approximately five miles from Trenton, the state capital; 10 miles from downtown Princeton; and one hour from both Philadelphia and New York. The College of New Jersey ranks No. 1 in the nation among master’s universities for highest freshman retention rate, with 94 percent of freshmen returning for their sophomore year.

Students/Faculty

The College has about 5,725 full-time and 170 part-time undergraduates and 341 full-time faculty members. The student-faculty ratio is 12:1.

Facilities

The College’s Georgian Colonial architecture and well-maintained grounds combine with the latest technology to provide an ideal atmosphere for learning. Millions of dollars in recently constructed campus facilities provide new research and study opportunities. Most recently, the campus opened its new \$25 million state-of-the-art library.

Housing

Ninety-five percent of freshmen are housed on campus. Two years of housing are guaranteed for all new, full-time first-year students. Fourteen residence halls provide a variety of living experiences for all students, including upperclassmen.

Activities

More than 150 student clubs and organizations are active on campus, ranging from performing groups to honor societies, from student publications to student government.

Admission

Of students who applied to the College in 2005, about 45 percent were offered admission. The average combined SAT score for all regular admitted entering freshmen for the 2005–06 academic year was over 1310. Ninety-five percent of the freshmen class ranked in the top fifth of their high school class. *U.S. News & World Report* ranks The College of New Jersey No. 1 among public colleges in the nation for highest middle 50 percent of SAT scores. In addition, the College ranks No. 1 in the North for admissions selectivity among both public and private institutions.

Financial Assistance

Need-based federal grants, loans, and work-study are available, as well as New Jersey state grants. All students who apply to the College for first-year nontransfer enrollment are automatically considered for merit scholarships. Students are notified of merit awards in conjunction with offers of admission. Kiplinger’s ranks The College of New Jersey among the top 20 public college values in the nation.

Contact

The College of New Jersey
Office of Admissions
PO Box 7718
Ewing, NJ 08628-0718
800.624.0967
tcnjinfo@tcnj.edu

It is the policy of The College of New Jersey to provide equal opportunity in employment and education, as well as equity of conditions for employment and education to all employees, students, and applicants, without regard to race, creed, color, national origin, ancestry, age, sex, affectional or sexual orientation, marital status, familial status, disability, nationality, or liability for service in the Armed Forces of the United States.

Directions to the Campus



The College of New Jersey (1996–present)

Trenton State College (1958–96)

New Jersey State Teachers College at Trenton (1937–58)

New Jersey State Teachers College and State Normal School at Trenton (1929–37)

New Jersey Normal School in Trenton (1908–29)

New Jersey State Normal School (1855–1908)

From I-80

Take I-80 East to the U.S. 206/Route 183 exit. Keep right at the fork in the ramp. Merge onto U.S. 206. Take the I-287 South ramp toward Somerville (I-78)/Princeton. Merge onto I-287 South. Take the U.S. 202 South/U.S. 206 South exit. See directions below from *Continue on U.S. 202 South.

From the New York State Thruway

Take the New York State Thruway/ I-87 South. Take the I-287 South/Route 17 South exit. Merge onto I-287 South. Take the U.S. 202 South/U.S. 206 South exit. *Continue on U.S. 202 South. At the Flemington Circle, continue on U.S. 202/31 South. Exit U.S. 202/31 onto Route 31 South (Trenton). Follow Route 31 South until the entrance to the College (about 1.5 miles past the junction of I-95, left at the third traffic light).

From I-95 South

(Delaware/Philadelphia International Airport)
Using I-95 North, continue into Pennsylvania, through Philadelphia. Continue on I-95 North into New Jersey. Take exit 4 (Route 31/ Pennington Road). Bear to the right off the exit ramp onto Route 31 South. At the second traffic light (about 1.5 miles), make a left into the College entrance.

From Route 78

(Easton, PA, and the West)

Take Route 78 East into New Jersey. Continue to exit 17 (Route 31 South/Flemington and Trenton). Continue south on Route 31 into the Flemington Circle. Take Route 202/31 South. Exit at Route 31 South (Trenton). Follow Route 31 South until the entrance to the College (about 1.5 miles past the junction of I-95, left at the third traffic light).

From the Pennsylvania Turnpike

(Pittsburgh, PA, and Ohio)

Take the Pennsylvania Turnpike/I-276 East to the Philadelphia/U.S. 1 exit. Keep left at the fork in the ramp. Merge onto U.S. 1 North Lincoln Highway. Stay straight to go onto U.S. 1 North. Take the I-95 North exit toward Trenton. Merge onto Delaware Expressway/I-95 North. Proceed into New Jersey. Take exit 4 (Route 31/ Pennington Road).). Bear to the right off the exit ramp onto Route 31 South. At the second traffic light (about 1.5 miles), make a left into the College entrance.

From Long Island

Take the Verrazano Bridge to Staten Island. Stay on 278 West to Goethals Bridge. After crossing the bridge, take the first exit for 95 South (NJ Turnpike). Follow directions from NJ Turnpike below.

From the New Jersey Turnpike (Newark International Airport and North)

Using the New Jersey Turnpike, travel south to exit 7A, Trenton and Shore Points. Follow signs toward Trenton onto I-195 West. Follow signs marked 295 Princeton/Camden. Exit at “I-295 North/Route I/95 South/Princeton.” Continue on I-295 North (becomes I-95 South) to exit 4. Turn left at the exit ramp onto Pennington Road/Route 31 South toward Ewing. At the third traffic light (about 1.5 miles), make a left into the College entrance.

From the Atlantic City Expressway

Take the Atlantic City Expressway West (toward PA). The expressway ends at Route 42. Follow Route 42 North to I-295 North. Continue on I-295 North (becomes I-95 South) to exit 4. Turn left at the exit ramp onto Pennington Road/Route 31 South toward Ewing. At the third traffic light (about 1.5 miles), make a left into the College entrance.

From the College entrance

Make a right onto the main access loop around campus. The information booth is on the left in front of Paul Loser Hall.

Railroad

From the Trenton AMTRAK station, take the NJ Transit Mercer “601 The College of New Jersey” bus directly to campus. ■

2006–2007

TCNJ Men's and Women's Cross Country/Track and Field Schedules



2006 Cross Country Schedule

September

Sat. 2	Blue-Gold Alumni Run (at Washington Crossing Park, Titusville, NJ)	9:30 A.M.
Sat. 9	at Connecticut College Invitational (Harkness Memorial Park, Waterford, CT)	11 A.M.
Thu. 21	at Haverford College Invitational (Havertown, PA)	5 P.M.
Fri. 29	at Paul Short Invitational (Lehigh University, Bethlehem, PA)	2 P.M.

October

Sat. 14	at University at Albany Invitational	
Sat. 28	at NJAC Conference Championships (hosted by Richard Stockton College, Pomona, NJ)	10:30 A.M.

November

Sat. 4	at ECAC Championships (hosted by Williams College, Williamstown, MA)	11 A.M.
Sat. 11	at NCAA Atlantic Regional Championships (Letchworth State Park, Mt. Morris, NY)	11 A.M.
Sat. 18	at NCAA Division III Championships (hosted by Wilmington College, Mason, OH)	11 A.M.

2006–2007 Indoor Track and Field Schedule

December

Sat. 9	at New Year Invitational (hosted by Princeton University, Princeton, NJ)	
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January

Fri. 12	at NYC Collegiate Opener	
Fri. 19	at Ursinus College Classic (Collegeville, PA)	
Sat. 20	at Terrapin Invitational at University of Maryland, College Park, MD)	
Sat. 27	at McElligott Invitational at Haverford College	

February

Fri.–Sat. 2–3	at New Balance Collegiate Invitational (at 168th Street Armory, Manhattan, NY)	
Sun. 4	Mercer County Duals (with Rider University at The Lawrenceville School)	
Sat. 10	at Thompson Invitational (at the University of Delaware, (Newark, DE)	
Sun. 18	at New Jersey Athletic Conference Championship (at 168th Street Armory, Manhattan, NY)	
Fri. 23	at NYU FasTrack Invitational (at 168th Street Armory, Manhattan, NY)	

March

Fri.–Sat. 2–3	at ECAC Division III Championships (hosted by Wesleyan University, Middletown, CT)	
Fri.–Sat. 9–11	at NCAA Division III Indoor Track and Field Championships (hosted by Rose-Hulman Institute of Technology, Terre Haute, IN)	



continued on following page...

2007 Outdoor Track and Field Schedule

March

- Sat. 24 at Monmouth University Season Opener
(West Long Branch, NJ)
Sat. 31 at Danny Curran Invitational (at Moravian College, Chester, PA)

April

- Fri.–Sat. 6–7 at Duke University Invitational
(Durham, NC)
Fri.–Sat. 6–7 at Sam Howell Memorial
(hosted by Princeton University, Princeton, NJ)
Sat. 14 NEW JERSEY INVITATIONAL
(hosted by TCNJ)
Sat. 21 at Greyhound Invitational at Widener University
(Bethlehem, PA)
Thu.–Sat. 26–28 at Penn Relays
(hosted by the University of Pennsylvania)
Fri.–Sat. 27–28 LIONS' INVITATIONAL
(hosted by TCNJ)

May

- Sat. 5 NEW JERSEY ATHLETIC CONFERENCE CHAMPIONSHIPS
(hosted by TCNJ)
Fri.–Sun. 11–13 at IC4A Championships (Men Only)
(hosted by Princeton University)
Mon. 14 at Tuppeny Twilight Meet
(hosted by Villanova University)
Thu.–Fri. 17–18 at ECAC Division III Championships
(hosted by SUNY-Oneonta, Oneonta, NY)
Thu.–Fri. 17–18 LIONS' QUALIFIER
(hosted by TCNJ)
Thu.–Sat. 24–26 at NCAA Division III Outdoor Track & Field Championships
(hosted the University of Wisconsin-Oshkosh, Oshkosh, WI)

ALL HOME MEETS ARE CAPITALIZED.

